

## GrdBeefGreenBeanCasserole10

Number of Servings: 10 (218.97 g per serving)

Amount	Measure	Ingredient
7.00	cup	Beans, green, cut, fzn
5.00	oz	Water, municipal
1/4	cup	Spice, onion, minced, dehyd
1 1/4	lb	Beef, ground, hamburger, pan browned, 10% fat
1 1/4	cup	Soup, cream of celery, cond, cnd

### Nutrients per serving

Nutrition Facts			
Serving Size (219g)			
Servings Per Container			
Amount Per Serving			
Calories 190		Calories from Fat 80	
		% Daily Value*	
Total Fat 8g		12%	
Saturated Fat 3g		15%	
Trans Fat 0g			
Cholesterol 50mg		17%	
Sodium 270mg		11%	
Total Carbohydrate 12g		4%	
Dietary Fiber 3g		12%	
Sugars 4g			
Protein 18g			
Vitamin A 15%		Vitamin C 20%	
Calcium 6%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Notes

\*Each 1 1/4-1 1/3 # raw 90 or 93% lean ground beef will equal 1# pan browned, drained ground beef and each 1/2 c. drained browned grd beef = ~2oz

\*Each 7 cups Frozen Green Beans (~4 cups/# frozen) = ~5 cups green beans when cooked

Bring frozen green beans to a boil in a small amount of water without adding salt. Simmer 10 minutes until cooked.

Drain green beans.

Brown ground beef, drain and weigh or measure amount called for in recipe. Each 1/2 c browned, drain ground beef = ~2 oz.

Combine condensed soup and water and pour over hot green beans, dehydrated onions and ground beef.

Pan, cover with foil and place in 350 degree oven for 45 minutes before serving. Serve at 160-180 degrees F.

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F.

1 serving = 3/4+c or 6+ oz ladle

1 serving = 1 vegetable serving + protein

1 serving = 18 grams carbohydrate = 1 carb servings